

# ★ THE MASSEUR ★

American  
Association



Masseurs  
Masseuses

OFFICIAL BULLETIN

MAY JUNE 1958

DECATUR, ILLINOIS

## RHODE ISLAND ORGANIZES CHAPTER

### NEW CHAPTER

Rhode Island joined the ranks of the state chapters in the association with six members March 16th. By now they probably have received their charter and are having regular state meetings. Sorry this didn't happen in time to get them listed in the year book of '58.

Their officers are as follows:

President—Mrs. Alice Smith, 325 Bullocks Point Ave., Riverside 15, R. I.

Secretary—Mrs. Madge Banahan, 898 Park Ave., Cranston 10, R. I.

Treasurer—Mrs. Felix Banahan, 898 Park Ave., Cranston 10, R. I.

Chaplain—Mrs. Ida Thorson, 19 Eton Ave., Warwick, R. I.

Here's hoping they have a nice long future and will gain in strength and numbers.

### YEAR BOOK

Once more the A.A.M.M. Year Book and Registry has been printed. It should be in every members hands by now. I think it is the finest yet. It will serve you and all your associations needs for the coming year. It can be used at every state chapter meeting and at all conventions.

The reason it is so late is because of the professional advertising. I received two and a half pages of advertising on the 18th of April. Which meant I had to re-page the book and juggle the folds to make the center spread that has the map on it come out right.

I hope everyone is pleased and likes it. Be careful with it, don't let it fall into the wrong hands. It is strictly personal property.

C. W. Brooks, Editor

### CONVENTION AN EXPERIENCE OR EDUCATIONAL

The days of our next National Convention to be at the Severin Hotel in Indianapolis will be days that those interested in Massage and Physical Therapy will never forget. Thousands will attend the affairs of this convention. The days of August 7-8-9-10, 1958 will have a meaning and fruitfulness transcending anything ever contemplated for the profession before.

Probably everyone of us has attended post graduate courses where we marveled at the knowledge and information offered in that short time. Friends you never

had a P.G. course that offered you what is in store for you at Indianapolis, Indiana those four days. Best of all the latest in psychology of teaching will make this affair as easy and thrilling as a birthday party. It has been said, "All work and no play made Jack a dull boy." That won't happen to you here. Mingled and mixed with the deep words of wisdom from the best educators in the field will be a varied and thrilling experience of the best in good clean professional entertainment, thrilling pictures, visual education, exhibits, demonstrations, tours, banquets all designed and combined to make you feel those days were spent in a wonderland of enchantment, the like of which you never dreamed. From all this you will emerge a **new you**, relaxed and renewed, filled with new talent, enthusiasm and hope. Ready to return to your several stations of service and enjoy the richness of experience which comes only from helping others to enjoy the full measure of health and life.

### BUCK A MONTH CLUB

Four members add their names and gifts for the amount of 31 dollars to the Buck of the Month

(Continued on Page 2)

NATUROPATHY  
PHYSICAL  
THERAPY  
MASSAGE VS



## THE MASSEUR

Bimonthly publication of the  
American Association of Masseurs  
and Masseuses.

Published in Decatur, Illinois  
Charles W. Brooks, Editor  
3111 North Water Street



D. S. CARLSON,

### PRESIDENT'S MESSAGE:

Each morning of each day begins a brand new experience. We go out we know not whither. We begin something new. We enter a new land. Every day of life is like that. We must walk a new road. Of course, there is a certain degree of sameness each day. It is the same house and the same duties and the same health problems, but with all this sameness there is a difference, for each day has the possibility of greater changes. We are pioneers every morning. Let us go forth as Abraham did, with faith, and we will find the way will open up before us.

Every time we undertake a new job or a new task we go forth we know not whither. Potential failure or success lies in each new mission. To anyone who really cares these things will be done with sincerity and conscience. The potential is always there—to fail or succeed. Abraham succeeded because he went forth in faith—a faith which set God working in his

behalf. This will be the secret of our success. Life itself in all its ramifications is going forth we know not whither. It is long or short. It is here or there. It is children or no children. It is money or no money. It is health or sickness. It is success or failure. Between these extremes there are variations of experience. With all these things it is a venture and we are pioneers of life. Yet we need not treat it as an experiment for as we go forth each day and each year under the guidance of the One who said, "Lo I am with you always."

#### (Continued from Page 1)

Club. We want to thank all of you who have contributed. It has really helped. In a letter I have from Sam Dahlgren just recently he says the Buck of the Month Club sure helped out.

The recent contributors are:

Edna G. Arnold, Illinois—\$12.00  
O. A. Fjoslier, N. Dak.—\$12.00  
Lillie Mae Fee—Manitole, Canada—\$ 5.00

Emma Vennstra, Mich.—\$ 2.00

The following is a list of the members and what they have sent in to Samuel Dahlgren National Fargo, N. Dakota.

George Gammon, Calif.—\$12.00  
Samuel Dahlgren, N. Dak.—\$12.00  
Irene Jordan, California \$ 6.00  
M. C. Mulchy, Missouri 12.00  
Jane C. Felts, Georgia 1.00  
Stewart T. Piper, Washington 3.00  
Harry &

Hazel Anderson, Illinois 12.00  
Esther &

Lowell Spangle, Indiana 12.00  
Mary Arrasmith, Illinois 6.00  
Sec'y-Treas. 1104 4th Ave., S.,  
Frank Persitza, Wis.—\$12.00  
Mary Howells, Ill.—\$12.00  
David Carlson, Ga.—\$12.00  
John Persona, Wis.—\$12.00  
May Arrasmith, Ill.—\$3.00  
Stewart Piper, Wash.—\$3.00  
Lucy Walter, Calif.—\$5.00  
Mildred Tandy, Calif.—\$12.00  
Jane Felts, Ga.—\$1.00  
Lona Martin, Calif.—\$12.00

Henry Knie, Ill.—\$1.00  
Jack Mayfield, N. Dak.—\$12.00  
Richard L. Frysinger, Ill.—\$12.00  
Lois Essex, Calif.—\$12.00  
Dougald Munro, N. Dak.—\$12.00  
Charles W. Brooks, Ill.—\$12.00  
Theresa M. Sourbeck, Calif.—\$2.00  
Jane C. Felts, Ga.—\$4.00  
Pauline Landers, Calif.—\$1.00

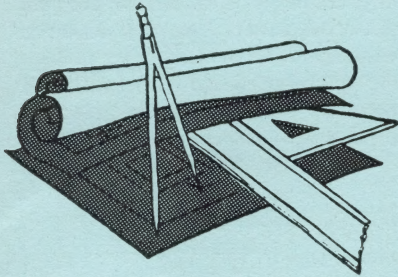
### CONVENTION HIGHLIGHTS

Lowell M. Spangle, R.M.,

America is fast becoming conscious of the therapeutic value of scientifically applied massage and physical therapy. This trend is bound to increase. Our recent announcement that the emphasis of our forthcoming national convention would be education and public relations has already drawn favorable comment and much support from all over the country. One real friend and believer in massage, an official of some importance who does not want his name mentioned has generously contributed more than \$50,000 to make this program become a reality. Each state will share in this great award. Distribution plans are not complete at this writing, but it will be basically allotted to the states according to the number they have at the convention and the distance it was necessary for them to travel to get here. Every person attending, member or non-member will positively have the opportunity to share in this great program. Plans are developing smoothly and very satisfactorily to make this years convention the most fabulous and sensational event ever staged for the advancement of the professional practice of massage and physical therapy by drawing worthy friends to our cause, raising our standards and cultivating public interest in the service we render. It would take a book to tell the benefits that will be bestowed upon those who attend. Better be making your plans to insure you will be one that's here to share the good and the pleasures planned for you.



## DESIGN FOR LIVING



## REFLECTION

Two thousand years ago Jesus came into this world and said of Himself, "I am come as a light unto the world." Yet in the Sermon on the Mount He said of His disciples, "You are the light of the world." Now these statements are not contradictory; they are complementary. They express relationship between Christ and His followers. Jesus knew that the only way you and I would know Him would be through the writings and works of His disciples, the reflected light.

Man has long used the heliograph, or sun writer. This apparatus is used for telegraphing by means of the sun's rays reflected from a mirror. At certain hours of the day the light can be reflected over great distances, and messages can be sent and received by both parties using this instrument of reflection. The light of God's love constantly shines through Christ our Lord, and the Christian is the instrument for receiving, translating, and reflecting the Light of Life.

How many of us are willing today to stand before a mirror in full view of ourselves, knowing and remembering that we were cast in the image and likeness of God? Look at our reflection; how far have we strayed from that likeness? It's possible that you might like to do a little self-analysis here. Are you sick? Are you worried? Are you afraid? Are you missing out on the strength, the vitality, the zest which accom-

panies well-being? Can you be honest with yourself about your shortcomings? Can you look yourself in the eye as you will have to look in the face of the Lord some day?

As you look about you and witness all the poverty, the sickness, the unhappiness that is so prevalent, surely you must know that it is self-inflicted. When you have strayed too far from the reflection, then you are no longer an instrument for receiving. The powerful vibrations that were meant for you will pass you by, just as they will a television set that isn't properly tuned in.

We are told in the Bible that God created the world, and that it was good, and that Man is made in the image of God, who is good; thence whence come all these negative things that make our lives so miserable?

In the garden of Eden man took upon himself freedom of decision. We all like the advantages of freedom, but freedom presupposes responsibility, and we are not always ready to accept the responsibility for turning down the things, thoughts, and acts which have bad results for ourselves or for others who are affected by our acts. People are quick enough to claim responsibility for their successes, but when they have failed somewhere, be it in health, finances, or anything else, they like to blame adverse conditions, bad luck, someone else, or even blame God, thinking that He is punishing them.

A friend of mine, H. T. Roberts, once said when we were discussing the problems people have, "They don't care. They just don't care whom they hurt, whom they cause to suffer or what the consequences will be." Now why should this be, when everyone has responsibilities and obligations, someone who depends on us enough that we should take a personal pride in ourselves. Do you take pride in the physical fitness of your body? For your life and your body are just a loan. (some more words of wisdom from H. T. Roberts).

Most people take far better care of their material possessions which they have paid for with hard earned cash than they do of their body, which has cost them nothing, yet is the most priceless possession that they will ever have. We are charged with the physical, mental and spiritual welfare of this temple which is the house of our soul. Are you showing your appreciation of this marvelous loan? Are you accepting your responsibilities? Are you increasing the value of the talents you were endowed with? Self-knowledge, self-reverence, and self-control, these three lead to serenity and physical well-being.

People excuse themselves by saying, "We are only human." Just by adding the letters Hu to Man, they are depreciating the worth of man. For what is more wonderful in all the world than man in the flowering of his strength, perception, and capabilities? When you arise in the morning do you go to the window, look out, and thank God for another glorious day? Or do you, like most of us, say instead, "My God. Another day. (to struggle through)," dreading for the day to begin, instead of being grateful for a little more of the precious coin of time.

The way you feel tomorrow depends on what you do today—so be more careful how you spend this precious coin, so that the returns may be fruitful.

Chas. W. Brooks, N.D.

## FROM THE EDITOR

Dear Members and Readers of the Masseur:

Last issue was the poorest, expressionless, insignificant, spiritless, magazine that we have printed since I have been the editor. It didn't even rate a headline pertaining to the association. I didn't have one single association news item that I could put on the front page.

This is your magazine: I can't read your minds. The only way we can represent your state and chap-

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ter is for you to send your items in to me. We have a nice little publication and we as an organization have received lots of favorable comments on it. So let's keep it strictly a news publication pertaining to our beliefs, our standards and our profession.

## ON ATTENDING CONVENTIONS AND BEING A MIXER

Lowell M. Spangle, R.M. R.P.T.

It is not always easy to be an active member of society. It takes some sacrifice of time and money. Often it would be easier to stay home. We may feel we can't afford to go to conventions, organization meetings, etc. Sure it costs money, but we owe that to our profession, we owe it to our patients or patrons. Did you ever think how backward this old world would be if it wasn't ahead of what we as individuals think? It is when we get together with others and exchange ideas, that our own thinking is stimulated, when we get together with others of common interest as at conventions and professional meetings, we always find that others have many ideas better than our own. Perhaps we have ideas to contribute which will help someone else. Then we all come home richer and wiser. We can better serve those who depend upon us. In return we profit materially or financially through that better service.

In the ranks of our profession we find many ekeing out a bare existence. We find others making \$300.00 to \$500.00 per week and even more. I observed years ago the more prosperous were always the ones who attended conventions. They were also the best informed in the profession, the most active in local affairs and the most popular in their communities. I felt it wise and proper that I get out and rub shoulders with them. I learned so many useful techniques. I have always come home filled with enthusiasm and with answers to

many perplexing problems. I have seen our own business grow from a small one room office to a busy six-room office handling hundreds of cases referred by local M.D.'s as well as the many who come of their own volition.

Observing these worthwhile changes taking place I arrived at the conclusion, like many others that attending our National Convention was an essential part of the post graduate education of all who would be successful and prosperous in Massage Therapy.

The conventions are a great source of pleasure and enjoyment as well as a rich source of vital knowledge. It is a great gathering where we meet outstanding people and make friends who may vitally affect our lives. Thousands of dollars are spent to make these conventions worthwhile and enjoyable. Don't you think you should plan to make this year's convention a part of a well earned vacation? I am sure after your return home you would profit from it and talk of it with pleasure for a long time thereafter.

## FROM ONE VICE TO ANOTHER (Presidents That Is)

Canton, Illinois

April 4, 1958

Dear Tom: (3rd Vice-President)

Thank you for calling, but I haven't changed my opinion, about the necessity of you being at the convention Saturday morning. Jean Wells of Peoria, Illinois has put a lot of time and effort into this meeting, as well as Brooks, (Chas. drove 200 mi. just to attend a committee meeting) and I, along with several others. We cannot personally drag the members out, but if they have any interest in the organization, other than using it for their own personal gains, they had better start proving it, by taking enough interest and getting out for these meetings, or there isn't going to be any A.A.M.M.

All of us who attend have to lose time from our office. It isn't any more of a sacrifice for one than the other. The few faithfuls who spend their time and quite a lot of their personal money and have for some time, are getting a bit fed up with carrying the load.

So, I would say the A.A.M.M. can fold as easily as not, unless more members get busy.

Sincerely Yours,

Mary E. Howells

1st Vice-President.

## RULES TO GROW BY

1. Keep your voice lowered.
  2. Keep your temper under control.
  3. Smile more often.
  4. Let others have their way, but don't let yourself get run over.
  5. Don't make ugly faces.
- Follow these rules  
And you will see  
You've improved  
Your personality.

This was written by a little 11 year old patient. Her Mother told her she was noisy and loud and should try and be more careful so as not to attract too much attention. So she wrote this set of rules to help her govern her actions and thoughts.

Anyone who does not take time out of his day to improve his professional knowledge by reading is as short sighted as the woodsman who does not periodically sharpen his axe. No time to read? No one can afford not to read! In the words of Sir Francis Bacon, "Reading maketh the full man."

When any man tells you that he has no time for reading, you can be sure that he is committing mental suicide. What he says makes no more sense than the man who says, 'I do not have the time to eat.'

Thomas Dreier.

To be wrong all of the time is an effort, but some manage it.



## MASSACHUSETTS MEETING

On March 16, 1958 Sadie A. Seligman served as chairman at 216 Park Ave., in Worcester. Twenty-two present.

Henry A. Lefleur State convention chairman announced that Registrations would start at 4:00 p.m. on Saturday, May 17th, at the Hotel Bancroft. A very interesting program with Adolph Meltzer, M.D. the principle speaker. Sarah Jane Beverly from Norfolk, Virginia, to give the Policy of the A.A.M.M. Ultra Sonic will be demonstrated and a Physical Ed. instructor, Maria Praino will demonstrate Ling system of exercises.

There will be an election of new officers, installation to follow. Virginia C. George, Membership chairman announced that they have listed potential members and will contact them.

Dinner was enjoyed at the Hotel Bancroft by members and guests, and Felix Banahan of Rhode Island, gave a Massage demonstration on draining the body of fluids, a very interesting technique.

The high light of the meeting was the forming of the Rhode Island chapter and the election of officers.

Submitted by,  
Ann B. White, Pres.  
Massachusetts Chap.

## FOUR STATE MEETING JEFFERSON HOTEL PEORIA, ILLINOIS

Illinois, Indiana, Iowa and Wisconsin held their annual spring convention in Peoria, April 11 and 12th. A few members arrived on Friday and began the activities by visiting, and well wishing. By 9:00 the states were well represented and Mary Howells, Vice-President opened the meeting with a devotion she had prepared. She turned the meeting over to Jean Wells

who was our host, and he gave a welcome address. I had never heard Jean talk before and he surprised us with his wit and humor. Hazel Davis, Secretary for Illinois Chapter gave a demonstration on massage technique which was followed with a talk on Plasmatic Therapy by Chas. Brooks, Illinois member and editor of the Masseur.

Wisconsin then took over the program which we called the Wisconsin hour. Frank Persitz gave a nice talk on his favorite pastime which is also his stock in trade, Hydro Therapy. Frank is an expert in his field and always worth listening to. He is also 2nd Vice-President of the National Ass'n. Wisconsin then presented John Persona, Sr., who always thrills us with his lectures, that he injects so much of his personality into. John is a living example of his thoughts, actions and beliefs. The rest of Wisconsin part of the program was shared by Mildred Warrens and Mable Huggins. They talked on case histories and procedures, that got the entire audience involved.

The remaining length of time was given to a local firm in Peoria that manufactures a vegetable and fruit juicer, called Atlas Juice Master. It wasn't exactly a new idea but it is one of the best instruments I've ever seen.

After lunch, Mr. Tippet, a blind Masseur, author of a couple of books on massage therapy, gave a little talk on, "What Massage Has Meant to Him."

We adjourned to take a bus trip out to the Illinois State Hospital. This tour took about 3 hours. We went through the three therapy departments. Saw the instrument that records brain waves. Where they determine and classify the Epilepsy cases from the mental, etc. Also demonstrations on shock treatment.

Back at the Hotel, Illinois had their state meeting. Banquet at 6:30 p.m. For entertainment we had a dance review from Holland Studios. A dynamic speaker from Dale Carnegie Institute and Mar-

shall Setty recited some of his poetry.

Sunday started with the Iowa hour. Mildred Hanson and Floy Brownlee represented their state. They talked on by-laws or protection of Therapy and Massage laws.

Thomas Olson gave us a treat in a recitation of an article he wrote on the treatment for a common cold. It was so funny and ridiculous that one could hardly keep up with him for laughing. Tom was appearing for Indiana's part of the program. He also talked about convention plans. And gave us some facts on his School of Massage. He introduced Dr. Briggs who talked for a time on how massage influences the Lymphatic system.

We adjourned at noon and all enjoyed a Smorgasbord dinner at the hotel. Next Illinois state meeting will be held at the Custer Hotel, Galesburg, Illinois, June 8.

## CHANGE OF ADDRESS

The National Secretary pleads and begs with the membership to keep him notified of a change of address. Please help him out by notifying him immediately if you move or change your location. Don't forget if you are in a state that is organized to notify your chapter secretary.

## HEALTH STUDIO FOR SALE—

Located in Pontiac, Ill. Pop. 8500.

Very good business in baths, massage, reducing and zone therapy. Est. in 1944. Caters to women, but could be expanded. No competition. Will help you get started. Wonderful opportunity. Call or write Ellen F. Schram, Room 305, Sterry Bldg. Pontiac, Illinois. Phone 5310.

A man wrapped up in himself makes a very small bundle. Ben Franklin.

NATUROPATHY  
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## HISTORY AND PURPOSE OF NATUROPATHY

Lloyd C. Allen, Ph.D.

In the olden days affliction was thought to be sent by the Gods as punishment. Man was largely ignorant of his own part in the great plan of Nature and Nature's God for the regeneration and recreation of mind and body. He thought that by appeasing the Gods that disease could be assuaged and illness prevented. The fight for health therefore became a matter of ceremonials and conciliatory efforts.

Early records show that the priest in most instances was also the physician. In most families, clans and tribes, ignorance and superstition reigned supreme. A few, however, who followed the "true worship" were led to find, or rediscover, cures for their ills in the abundant resources of nature.

Thus it occurs that Natural Healing is as old as mankind itself. Clay tablets found near the Euphrates, and papyrus rolls exhumed from the banks of the Nile, all testify to the fact that methods we now use in naturopathy were used in one form or another in the early history of the nations. The Egyptians, long before the Christian Era, developed the art of massage. Later the Israelites were given doctrines, diet and hygienic principles which have never been surpassed.

The term "Naturopathy" is derived from the Latin "naturo" meaning natural and the Greek "pathos" meaning suffering, but when we eliminate the last two letters (os) from pathos we have just the word path; hence Naturopath, Naturopathy and Naturopathy. This science has been very beautifully defined by Edward E. Purement, as follows: "Naturopathy is the perfected science of human wholeness and it includes all agencies, methods, systems, regimens, practices and ideals of natural origin and Divine sanction whereby human health may be restored, enhanced and maintained."

Dr. J. E. Cummins has also defined Naturopathy as the science, art and philosophy of adjusting the framework, correcting the mental influences and supplying the body with its needed elements.

In a decision taken from the California Appellate Records of August 1923, we have the following definition of a Naturopath: "A Naturopath or Doctor of Naturopathy is a person authorized to treat the sick by use of such substances as light, air, clay, heat, rest, diet, herbs, electricity, massage, Swedish movements, suggestive therapy, chiropractic, magnetism, physical and mental culture."

There are ten states with Naturopathic Boards provided by law to license qualified applicants in the field of Naturopathy. These states are: Arizona, Connecticut, Florida, Georgia, Oregon, South Carolina, Texas, Utah, Virginia, and Washington. The District of Columbia, and Hawaii also license Naturopaths. In other states the Naturopath either operates under other licenses or local city ordinances.

Though Naturopathy has made great progress during the past fifty years there is still much to be done, and every health-living individual, be he doctor or lay man, should assist in every way possible to secure suitable legislation and good laws for the proper regulation and licensing of all phases of the Healing Art.

The fundamental concept of Naturopathy is that it is a philosophy of living rather than a system of therapeutics. This is perhaps the greatest difference between Naturopathy and other systems of Healing Arts. Naturopathy is not concerned with fighting disease as an entity, but is concerned with the patient and his individual make up. It is quite evident that nutritional and emotional factors play a most important role in man's health and well-being, but they are inter-related and there is here no arbitrary "normal," for each individual presents a differ-

ent pattern.

Naturopathy is concerned with the maintenance of health as well as its restoration. To accomplish this, nature's forces as well as her substances are used; all belong in the realm of nature's products. In the choice of such material the Naturopathic Physician is guided by the philosophy behind the Naturopathic practice. This philosophy teaches that nature is a sensitive agent, and that she has ability to achieve her own cures; albeit when she is at a low ebb, assistance in harmony with her own laws may be welcomed. But such assistance must come from among her own forces. This line of reasoning also requires that one should use only such preparations and dosage as will act with gentleness — altering perverted functions, cleansing the body of its waste materials and stimulating growth and repair of cellular tissue. This process can be carried out largely by proper diet. Man must eat to live; but who is to say how? Only consideration of how man is built will disclose the best evidences of what he should eat. The human intestinal tract is over thirty feet in length. It takes from sixteen to twenty hours for the food to pass through. This is sufficient reason in itself why food should be well chosen. Some meats put in the sun will be full of maggots in two hours; while nuts, fruits, vegetables, and berries will not putrefy for three or four days. Also the teeth of man indicate he was not intended to be classed with the carnivorous animals.

Early records show that man, in the beginning, did not cook his food. He was certainly more healthy and longer lived. True, some present foods need to be cooked but they are mostly of the starchy, kind. Probably man uses too much starch! And this could be remedied by a return to a diet of fruit, nuts, and legumes.

It is quite out of the question to cover in one short article all the various phases of Naturopathy. In summing up: The business of Na-



turopathic Physician is to deal with the conditions which affect the physiologic, psychic, chemic and anatomic equilibrium, without producing any injurious reactions to the body; and employing and subscribing any method, means or utility that will assist therein. The Naturopath has within this concept the widest healing range of any doctor in the healing arts; and in addition, with his deep insight into the factors of health and longevity, is a teacher and a true doctor if he adheres to that concept.

## Ethical Practice of Massage Therapy and Membership Privileges In A.A.M.M.

by Lowell M. Spangle  
National Organization and  
Membership Chairman

Every conscientious practitioner's heart is burdened with a strong desire to help those who seek their help. That each may know the wide service it is possible for us to render and thus be able to serve most efficiently and still operate within the law. We find it expedient from time to time to set forth the finding of our legal department.

Massage Therapy is distinguished from physical Therapy in the following. Massage Therapy treats the body not the disease and in the following ways. It cleanses the body, it soothes the nerves, relaxes the tissues, works out stasis and congestion in muscles and other tissues forcing much toxic waste material into the blood and lymph so it can be filtered out and eliminated by kidneys and lungs. It stimulates the circulation of blood and lymph, hastening the process of eliminating the toxic waste. It also tones and stimulates the colon further aiding in the elimination of toxic waste. It increases metabolism and improves tissue nourishment; through use of manipulation traction and massage, we limber up stiff muscles and limbs. We also

shift tissues and reduce inches in measurement of body and limbs, thus streamlining the body, recontouring the figure. It improves the natural functioning of every gland, organ and tissue of the body. It works with nature in the restoring and maintaining health. In general we may say Massage Therapy is a systemic approach to health.

It takes cognizance of all abnormal conditions, diseases, etc., but makes no effort to treat the condition as such, nor to diagnose the condition for the patient.

Physical Therapy differs from Massage Therapy in that it is specifically applied for or directed toward treating the disease or condition of abnormality. It uses the same agents of nature, sunlight, heat, water, electricity and Massage as massage therapy, but where massage therapy is general treatment, physical therapy is specific application, applied for a definite condition usually under a doctor's prescription, because only doctors can direct the treatment of disease in many localities. Also where license is required for the practice of physical therapy. A Masseur must not call himself P.T.—P.H.T. or R.P.T. unless he has a license.

Many Masseurs and Masseuses also sell vitamins and other food supplements feeling they help the patient get better results from the treatments. This is perfectly legal practice if they are sold to supplement and balance the diet. They must not be sold as a medicine for a cure of disease. The operator selling supplements should also obtain a store license. Proprietary Medicinal products may also be sold in their original package if the directions for taking same are placed on the label by the manufacturing Pharmaceutical house. You may endorse and recommend such products, but you must not prescribe them or break the package. Only drugs and vitamins for oral use may be sold. Massage operators give no drugs or vitamins by injection. Leave all needle work to the doctors either the admin-

istration of medication or the drawing of blood for lab tests. Such work definitely belongs in the field of medicine and surgery.

In addition to the above services some Massage practitioners use various mental and spiritual aides in their work. Some use suggestive therapy, especially larvated suggestion and hypnodial relaxation. Some give healing prayers and psychological consulting; all these methods are good if the operator is qualified to use them.

We like to encourage all engaged in massage therapy to use as wide a range of techniques and service as they are qualified to use. We believe massage therapy is one of the most worthy of the healing arts. That within our bag of tricks or the services we can lawfully render is an effective, natural and logical answer to almost every health problem.

Massage practitioners get along well with the practitioners of all other schools of healing, feeling and believing there is a place and work for each type of practitioner and that the rights of all ethical practitioners should be legally protected and their services perpetuated as a heritage to those of future generations.

The American Association of Masseurs and Masseuses is a National organization, dedicated to raising the standards of our profession. Keeping our practitioners informed on all improved and modern techniques and facts regarding all additional lawful services they may render. We are dedicated to serve the profession in a fraternal and friendly way. We are not essentially a police or inditement organization. We respect the person and rights of each practitioner. However, we expect each of our members to know and abide by the laws of their state. If any are formally accused of wilfully and knowingly violating the law, they may be summarily suspended from membership and deprived of all rights and privileges of such membership. They are assured, however, of a just and fair hear-

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ing where they may defend and justify their actions. Unless they prove their conduct to be right and lawful they will necessarily be deprived of legal aid, protection and help as a benefit from this association. This is A.A.M.M. service as I interpret it.

## MELSON'S HEALTH CENTER

Phone 2-5813

823 W. Jefferson St., Joliet, Illinois  
The Pain and Distress of Strained and  
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